



Fitness Fun -Award

ADVENTURERS E-AWARD

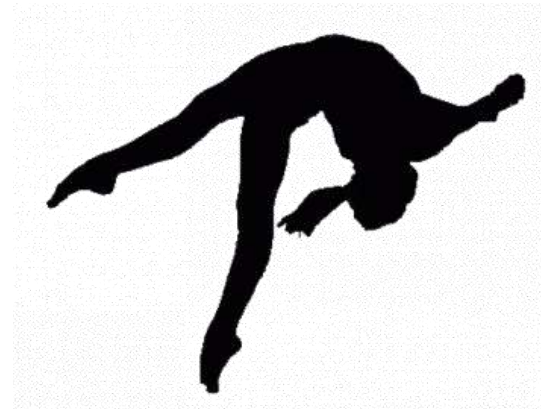


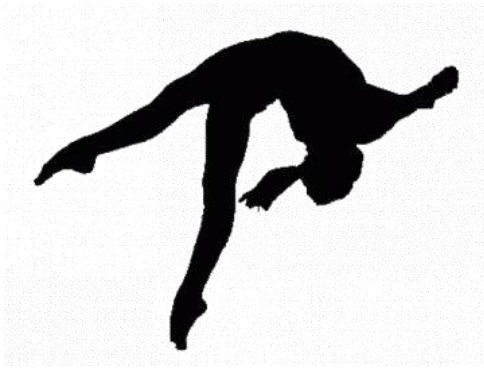
Requirements

1. Read and discuss Jeremiah 29:11.
2. List at least four things that contribute to physical fitness.
3. Do three different stretches. Hold each for a minimum of 15 seconds.
 - a. Leg
 - b. Back
 - c. Arms and shoulders
4. Do four of the following:
 - a. Run, jog, or walk one-half mile
 - b. Skip
 - c. Jump rope for three minutes
 - d. Jumping jacks—do at least 15
 - e. Hop on one leg at least five times—see how many you can do
 - f. Sit-ups
 - g. Exercise of your choice
5. Participate in two of the following:
 - a. Obstacle course
 - b. Leap frog
 - c. Relay race
6. Participate in an organized game that requires physical exercise.



*1. Read and discuss
Jeremiah 29:11.*





2. List at least four things that contribute to physical fitness.

Proper nutrition

Rest

Water

Exercise

Strength

Cardiovascular fitness

Flexibility

Endurance

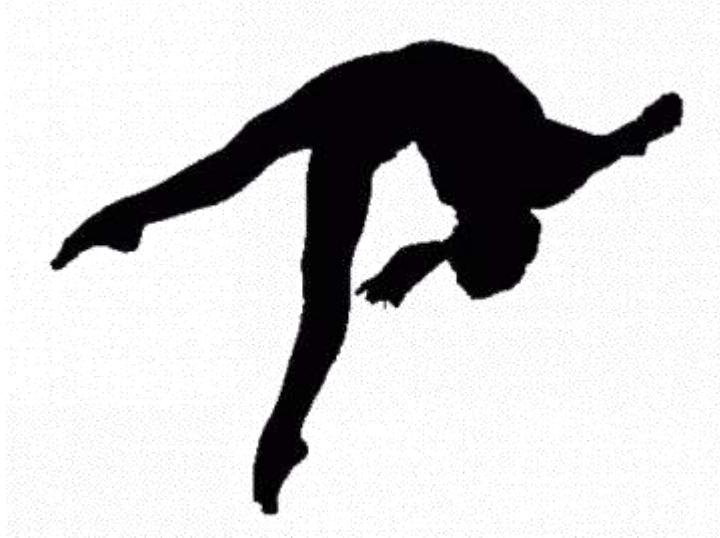




3. Do three different stretches. Hold each for a minimum of 15 seconds.

- a. Leg*
- b. Back*
- c. Arms and shoulders*





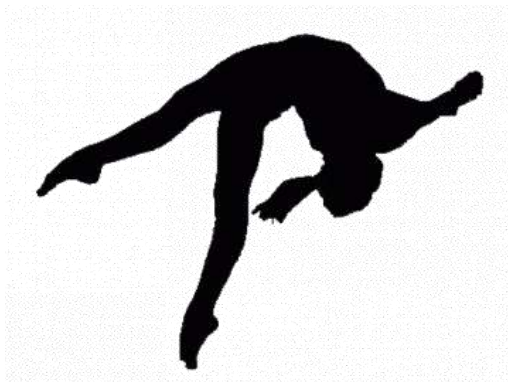
4. Do four of the following:

- a. Run, jog, or walk one-half mile*
- b. Skip*
- c. Jump rope for three minutes*
- d. Jumping jacks—do at least 15*
- e. Hop on one leg at least five times—see how many you can do*
- f. Sit-ups*
- g. Exercise of your choice*

5. Participate in two of the following:

- a. Obstacle course - family activity*
- b. Leap frog – family activity*
- c. Relay race – family activity*





6. Participate in an organized game that requires physical exercise.

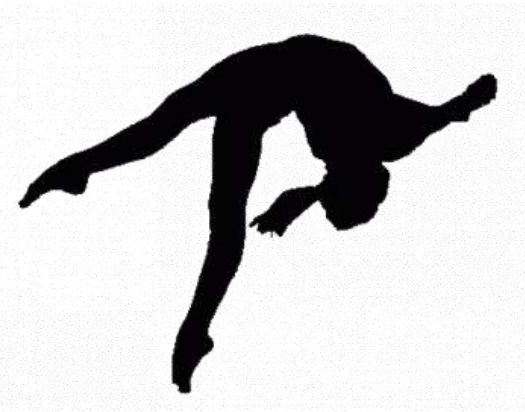
Example:

- a. Tip the Can
- b. Build up
- c. Catch the flag
- d. Hide and seek
- e. The floor is lava
- f. Any game organised in school

Recomandation:



9 MIN EXERCISE FOR KIDS



Thank You !

